

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Fructose (g) ; Lactose (g)

Food Subset: All Foods
Ordered by: Food Name
Measured by: Household
Report Run at: October 20, 2015 15:45 EDT

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
09427	Abiyuch, raw	114.0	0.5 cup	4.33	0.00
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.00	--
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	0.00	--
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	29.5	1.0 fl oz	0.00	--
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.00	--
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.00	--
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	0.00	--
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	13.10	0.00
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.14	--
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	1.52	--
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.00	--
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.64	0.00
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.04	0.00
20001	Amaranth grain, uncooked	193.0	1.0 cup	0.02	0.00
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	1.07	0.00
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	14.21	0.00
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	10.09	0.00
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	14.21	0.00
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.00	--
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.00	--
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.00	--
36019	APPLEBEE'S, chili	136.0	1.0 cup	1.33	0.00
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	1.70	0.00
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	3.68	0.00
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.41	0.00
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.00	--
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.00	--
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.00	4.54

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.00	0.33
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	7.05	0.00
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	6.46	0.00
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	6.65	0.00
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	5.45	0.00
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	6.43	0.00
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	7.38	0.00
09004	Apples, raw, without skin	110.0	1.0 cup slices	6.63	0.00
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	17.88	0.00
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	14.35	0.00
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	14.35	0.00
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	16.21	0.00
09021	Apricots, raw	155.0	1.0 cup, halves	1.46	0.00
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	2.24	0.00
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.02	0.00
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.02	0.00
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.71	0.00
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.71	0.00
11011	Asparagus, raw	134.0	1.0 cup	1.34	0.00
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.18	0.00
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.18	0.00
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.58	0.00
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.00	1.33
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.00	1.28
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.87	0.00
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.88	0.00
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.06	0.00
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.00	0.00
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.00	1.32
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.00	0.00
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.00	1.32
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.00	1.32
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.01	0.00
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.60	3.89
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	1.50	0.00
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.10	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	1.11	0.00
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.03	0.00
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.55	0.00
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.18	0.00
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.03	0.00
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.06	0.00
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.00	0.14
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.09	0.00
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.09	0.00
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.04	0.00
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.05	0.00
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.92	0.00
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	1.48	0.00
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	1.48	0.00
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.61	0.00
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.69	0.00
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.95	0.00
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.59	0.00
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.56	0.00
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.69	0.00
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	7.98	--
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	1.37	0.00
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.83	0.00
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.77	0.00
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.52	0.00
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.68	0.00
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.68	0.00
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.68	0.00
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.62	0.00
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.94	0.00
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.50	0.00
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.01	0.02
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.22	0.03
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.82	0.00
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.34	--
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.42	1.51

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.24	0.00
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.10	0.00
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	2.14	0.00
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.00	--
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.15	0.00
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.16	0.00
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.00	--
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	2.86	0.00
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.52	0.00
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.00	--
09040	Bananas, raw	225.0	1.0 cup, mashed	10.91	0.00
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.00	--
02044	Basil, fresh	2.5	5.0 leaves	0.00	0.00
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	3.96	0.00
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	3.26	0.00
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	2.53	0.00
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.00	--
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.27	0.00
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.00	--
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.00	--
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.00	--
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.00	--
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.00	--
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.00	--
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.00	--
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.00	--
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0.00	--
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.50	0.00
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.45	0.00
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	1.51	0.00
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	1.26	0.00
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	1.68	0.00
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	1.39	0.00
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.21	0.00
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.65	0.00
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	0.00	--

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.00	--
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.00	--
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.00	--
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.00	--
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.00	--
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.00	--
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	0.00	--
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.00	--
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	0.00	--
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00	--
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.00	--
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00	--
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.00	--
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00	--
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.00	--
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.00	--
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	0.00	--
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.00	--
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.01	0.00
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.00	--
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.49	0.00
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	17.56	0.00
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0.00	--
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	1.79	0.00
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	1.87	--

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	1.13	--
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	1.81	--
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	5.69	0.00
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	1.60	--
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0.00	4.69
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.98	0.06
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	5.24	0.00
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.00	--
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.00	--
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.00	7.31
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.00	7.65
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	14.01	0.00
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.05	--
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	5.74	0.00
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	4.21	0.00
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	1.11	0.00
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	3.53	0.00
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	1.37	0.00
14287	Beverages, Lemonade, powder	18.0	1.0 serving	3.15	0.00
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	4.09	0.00
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.49	0.00
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.00	--
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.00	5.39
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	15.13	0.00
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	9.12	0.00
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	2.72	0.00
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	11.41	0.00
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	10.66	0.00
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	11.70	0.00
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.17	0.00
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.17	0.00
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	4.34	0.17
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	7.02	0.00
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	6.45	0.00
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	5.45	0.00
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	9.39	0.00

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14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	12.10	0.00
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.19	--
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.56	0.06
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.00	--
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	12.93	0.00
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.00	--
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.00	--
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	9.33	0.00
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.00	--
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	1.43	0.00
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	8.42	0.00
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.00	--
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.00	--
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.36	0.00
09042	Blackberries, raw	144.0	1.0 cup	3.46	0.00
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	3.06	0.00
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	20.57	0.00
09050	Blueberries, raw	148.0	1.0 cup	7.36	0.00
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	28.77	0.00
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	5.19	0.00
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.01	0.00
07007	Bologna, beef	30.0	1.0 slice	0.00	--
07971	Bologna, meat and poultry	33.0	1.0 slice	0.00	--
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.70	0.00
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.56	0.00
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.37	0.00
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.12	0.00
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.10	0.54
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.14	0.00
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	1.67	0.00
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.35	0.00
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.43	0.00
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.35	0.00
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.20	0.00
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.69	0.16
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.76	0.18

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.76	0.22
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	0.85	0.53
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	2.55	0.00
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0.28	0.00
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.14	0.00
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.46	0.00
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	1.13	0.00
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.00	0.32
18064	Bread, wheat	28.35	1.0 oz	0.69	0.00
18967	Bread, white wheat	28.0	1.0 slice	0.76	0.00
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.70	0.00
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.71	0.00
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.20	0.00
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.07	0.00
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.58	0.00
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.58	0.00
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	1.29	--
11090	Broccoli, raw	91.0	1.0 cup chopped	0.62	0.19
11098	Brussels sprouts, raw	88.0	1.0 cup	0.82	0.00
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.17	--
21251	BURGER KING, Cheeseburger	133.0	1.0 item	2.46	0.09
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.00	--
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.98	1.88
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	1.22	1.17
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	1.54	1.09
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	2.92	0.81
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	5.35	0.00
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	5.07	0.28
21249	BURGER KING, french fries	74.0	1.0 small serving	0.00	--
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.16	0.03
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	2.70	0.00
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.02	0.00
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.89	0.00
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	2.73	0.04
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	3.23	0.00
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.00	1.06

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	5.03	0.00
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	5.25	0.22
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.00	0.05
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.16	0.00
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.87	0.00
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.87	0.00
11109	Cabbage, raw	89.0	1.0 cup, chopped	1.29	0.00
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.26	0.00
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.26	0.00
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	1.32	0.00
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	1.13	0.63
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	0.40	0.00
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.20	0.77
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.72	0.00
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.89	0.85
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.62	0.00
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	0.82	0.00
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	0.00	--
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	0.00	--
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	0.00	--
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	0.00	--
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.00	0.52
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	0.00	--
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	5.79	0.00
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.00	--
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.00	--
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.00	0.43
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.08	3.45
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.16	0.87
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.00	--
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	3.87	6.97
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	3.12	0.61
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	5.46	0.00
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	5.21	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	4.60	0.00
11960	Carrots, baby, raw	15.0	1.0 large	0.15	0.00
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.32	0.00
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.03	0.00
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.03	0.00
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.41	0.00
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.41	0.00
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.20	0.00
11124	Carrots, raw	128.0	1.0 cup chopped	0.70	0.00
11935	Catsup	17.0	1.0 tbsp	1.48	0.00
11949	Catsup, low sodium	17.0	1.0 tbsp	1.48	0.00
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.01	0.00
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	1.04	0.00
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.99	0.00
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.99	0.00
11143	Celery, raw	101.0	1.0 cup chopped	0.37	0.00
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.03	0.00
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	2.54	0.00
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.47	0.00
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.03	0.00
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.22	0.00
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.11	0.00
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.50	0.00
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	7.26	0.00
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.13	0.00
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.85	0.00
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.17	0.05
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.00	--
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.00	--
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.38	0.00
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.20	0.00
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.01	0.00
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.66	0.00
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.12	0.00
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.08	0.00
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.11	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.00	--
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.00	--
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.00	--
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.00	--
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.00	--
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.00	--
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.00	--
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.00	--
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.00	--
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.00	--
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.00	--
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.00	--
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.00	--
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.00	--
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.08	0.00
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.03	--
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.00	--
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.10	0.04
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	3.42	0.04
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.00	--
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.00	--
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.00	--
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.00	--
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.00	--
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.09	0.04
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.08	0.00
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	3.31	0.04
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.00	6.11

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.00	6.11
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.00	1.15
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.00	0.16
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.00	0.04
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.00	0.03
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.00	3.02
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.00	4.37
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.00	2.26
01017	Cheese, cream	14.5	1.0 tbsp	0.00	0.55
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.00	0.87
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.00	0.87
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.00	0.24
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.00	2.83
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.01	0.02
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.00	1.48
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.00	1.25
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.17	0.08
01031	Cheese, neufchatel	28.35	1.0 oz	0.00	0.90
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.00	--
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.00	0.61
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.00	0.61
01040	Cheese, swiss	132.0	1.0 cup, diced	0.00	--
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.00	1.89
09062	Cherimoya, raw	160.0	1.0 cup, pieces	10.05	0.00
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	4.69	0.00
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	6.59	--
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	5.44	0.00
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	13.13	0.00
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	7.41	0.00
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.00	--
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	1.81	0.00
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.01	0.00
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.00	--
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.00	--
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.30	0.45

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.00	--
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.04	0.00
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.00	--
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.03	0.00
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.03	0.00
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.20	0.00
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.04	0.00
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.08	0.00
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.07	0.00
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.00	--
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.00	--
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.00	--
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.00	--
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.00	--
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.00	--
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.00	--
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.00	--
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.00	--
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.00	--
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.00	--
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.22	0.00
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.23	0.00
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	0.00	--
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.15	0.00
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.33	0.00
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.40	0.00
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	1.19	0.00
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	1.54	0.00
22911	Chili, no beans, canned entree	240.0	1.0 cup	1.01	--
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.00	0.47
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.00	0.09
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.00	--
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	6.70	0.00
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.72	0.00
09433	Clementines, raw	74.0	1.0 fruit	1.21	0.00
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.05	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.90	0.00
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.25	0.00
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.10	0.00
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.00	--
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	0.00	0.90
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.00	--
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	0.17	0.00
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.28	0.00
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.57	0.00
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.09	0.00
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.04	0.00
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.00	0.83
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.17	0.00
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.28	0.23
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	0.00	--
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.16	0.00
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.90	0.00
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.91	0.00
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.91	0.00
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.33	0.05
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.44	0.00
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.59	0.00
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.59	0.00
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.26	0.00
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.44	0.00
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.48	0.00
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.48	0.00
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.30	0.00
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.70	0.00
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.70	0.00
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.76	0.00
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.41	0.00
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.87	0.00
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.87	0.00
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.92	0.00
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.76	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	2.81	0.00
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.37	0.00
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.27	0.00
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.27	0.00
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.27	0.00
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.27	0.00
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.00	--
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.00	--
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	7.00	0.00
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.00	4.73
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.00	6.94
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	3.00	0.00
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.50	0.00
18214	Crackers, cheese, regular	14.2	0.5 oz	0.05	0.00
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.00	3.02
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.00	--
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.29	0.00
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	0.35	0.00
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.00	0.00
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.00	--
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.03	0.00
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.03	0.00
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.03	0.00
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	0.14	0.00
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.05	0.00
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.07	0.01
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.03	0.00
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.26	0.00
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.14	0.00
18235	Crackers, whole-wheat	28.0	1.0 serving	0.00	--
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.00	--
09079	Cranberries, dried, sweetened	40.0	0.25 cup	10.78	0.03
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.74	0.00
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	11.40	0.00
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	1.57	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	27.01	0.00
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	6.86	0.00
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	6.79	0.00
01069	Cream substitute, powdered	94.0	1.0 cup	0.54	0.00
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.00	1.25
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.00	3.50
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.00	1.10
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.00	0.41
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.00	--
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.53	0.00
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.00	--
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.00	--
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.00	--
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.00	--
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.00	--
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.00	--
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	1.00	0.00
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.45	0.00
09084	Currants, red and white, raw	112.0	1.0 cup	3.95	--
09087	Dates, deglet noor	147.0	1.0 cup, chopped	28.75	0.00
09421	Dates, medjool	24.0	1.0 date, pitted	7.67	0.00
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.00	--
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.00	--
36028	DENNY'S, coleslaw	91.0	1.0 serving	2.16	0.00
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.00	--
36610	DENNY'S, french fries	165.0	1.0 serving	0.43	0.00
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.01	0.00
36030	DENNY'S, hash browns	124.0	1.0 serving	0.63	0.00
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.00	7.33
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.46	2.67
36031	DENNY'S, onion rings	166.0	1.0 serving	2.06	0.00
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	3.96	0.00
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.00	3.00
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	3.69	0.00
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	4.32	0.00
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	2.17	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	3.81	0.00
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	4.80	0.00
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	1.96	0.00
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	4.88	0.00
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	2.43	0.00
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.14	0.00
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.14	0.00
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.06	0.30
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.06	0.44
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.06	0.30
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	1.16	0.54
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.77	0.42
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	1.14	0.86
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	1.34	0.50
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	1.16	0.49
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.77	0.45
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	1.14	0.82
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	1.29	0.42
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.65	0.47
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	1.07	0.86
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.00	0.37
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.18	0.00
01225	Dulce de Leche	19.0	1.0 tbsp	0.06	0.93
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.04	0.00
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.19	0.00
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.25	0.00
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.01	6.47
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.00	6.53
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.00	--
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.66	0.00
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.60	0.00
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.72	0.00
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.00	--
01124	Egg, white, raw, fresh	33.0	1.0 large	0.02	--
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.00	--
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.00	--

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.00	--
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.00	--
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.00	0.68
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.00	--
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.00	--
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.00	--
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.00	--
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.00	--
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.01	--
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.00	--
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.00	--
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.03	0.00
01057	Eggnog	254.0	1.0 cup	0.10	19.91
11209	Eggplant, raw	82.0	1.0 cup, cubes	1.26	--
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.20	0.00
21142	Fast food, biscuit	55.0	1.0 biscuit	0.00	1.00
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	1.07	0.45
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.78	0.70
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.83	0.66
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.78	0.42
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	1.50	0.23
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	1.03	0.39
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.77	0.61
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.73	0.38
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	1.16	0.35
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.76	0.64
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.72	0.41
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	2.18	0.94
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	1.75	0.79
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	0.00	0.87
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.00	0.57
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.12	1.15
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.12	0.73
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.00	--
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.21	0.92
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.92	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	1.45	0.80
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	2.88	0.84
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	3.78	1.09
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	3.34	0.39
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	2.85	0.64
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	2.44	1.13
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	2.88	0.84
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	3.20	1.38
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	2.57	0.94
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	3.78	1.10
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	4.01	0.61
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	4.52	0.80
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	2.51	0.30
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	2.56	0.26
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	1.77	0.66
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	3.09	2.07
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	1.81	0.00
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.00	--
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.00	--
21127	Fast foods, coleslaw	191.0	1.0 cup	2.75	0.00
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	2.66	0.00
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.33	0.17
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	1.54	1.09
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.29	0.46
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.54	0.42
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.31	0.51
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	3.23	0.00
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	2.59	0.27
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.49	0.10
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.00	--
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.00	--
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.00	--
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.00	--
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.19	1.27
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	0.18	1.21

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0.19	0.73
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.27	0.20
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	3.18	0.26
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	5.35	0.00
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	2.44	0.16
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	3.93	0.05
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	2.93	0.31
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	1.77	0.00
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	3.09	0.00
21129	Fast foods, hush puppies	22.0	1.0 piece	0.04	0.00
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.94	0.23
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.00	1.30
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.60	1.93
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	1.15	0.00
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.48	0.00
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.01	0.00
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.72	0.95
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	2.24	0.00
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.00	--
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	2.50	0.00
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	2.74	0.16
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	2.43	0.00
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	4.37	0.00
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	2.57	0.00
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	2.66	0.00
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	2.91	0.00
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	5.45	0.00
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	2.61	0.00
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	2.36	0.00
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	5.20	0.00
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.21	0.00
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.61	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.52	0.00
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.19	6.71
09334	Feijoa, raw	243.0	1.0 cup, pureed	7.17	0.00
09094	Figs, dried, uncooked	149.0	1.0 cup	34.17	0.00
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.00	--
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.00	--
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.00	--
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.00	--
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.06	0.07
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.00	--
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.00	--
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.00	--
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.00	--
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.00	--
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.00	--
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.00	--
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.00	--
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.00	--
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.00	--
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.00	--
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.15	0.00
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.63	0.00
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.18	0.00
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.26	0.00
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	10.85	0.00
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.29	0.00
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.00	--
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.00	--
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.00	--
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.00	--
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.00	--
07025	Frankfurter, turkey	28.35	1.0 oz	0.00	--
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	1.41	0.00
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.19	0.00
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0.19	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	1.22	0.00
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.00	4.28
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	9.71	0.00
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	10.67	0.00
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	15.26	0.00
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	10.08	0.00
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	9.74	0.00
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	8.95	0.00
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.00	--
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.27	0.00
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.00	--
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.00	--
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	0.12	0.00
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.00	--
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	0.00	0.90
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	18.62	0.00
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	18.62	0.00
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	18.62	0.00
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	7.16	0.25
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	7.16	0.00
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	4.07	0.00
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.24	0.00
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	12.28	0.00
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.00	0.53
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.00	0.17
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.00	--
09434	Guanabana nectar, canned	251.0	1.0 cup	14.91	0.00
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	14.46	0.00
19296	Honey	339.0	1.0 cup	138.79	--
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.62	3.01
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	1.27	1.21
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.00	--
09144	Jackfruit, raw	165.0	1.0 cup, sliced	15.16	0.00
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	0.00	1.64
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	16.15	0.00
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	14.72	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	0.00	--
21419	KFC, biscuit	49.0	1.0 biscuit	0.00	0.82
21420	KFC, Coleslaw	112.0	1.0 package	1.62	0.00
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.00	--
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.00	--
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.00	--
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.00	--
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.00	--
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.00	--
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.00	--
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.00	--
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	7.83	0.00
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	4.70	0.00
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	1.43	0.62
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	2.35	--
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	1.28	0.74
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	2.23	2.27
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	1.59	1.60
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.10	0.00
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.11	0.00
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.10	0.00
09152	Lemon juice, raw	244.0	1.0 cup	2.68	0.00
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	7.30	0.00
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	6.57	0.00
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.21	0.00
16069	Lentils, raw	192.0	1.0 cup	0.52	0.00
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.28	0.00
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.38	0.00
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.15	0.00
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.72	0.00
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.08	0.00
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.61	18.94
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.73	21.68
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.36	0.00
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.36	0.00
09160	Lime juice, raw	242.0	1.0 cup	1.48	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	1.10	0.07
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.43	0.03
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	1.01	0.06
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	1.06	0.08
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	1.01	0.06
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	1.01	0.07
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.00	4.83
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.00	2.46
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.00	0.73
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.00	2.51
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.00	5.98
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.00	1.69
09436	Mango nectar, canned	251.0	1.0 cup	13.96	0.00
09176	Mangos, raw	165.0	1.0 cup pieces	7.72	0.00
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	0.00	--
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	2.07	0.03
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	2.19	0.02
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	0.18	1.20
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	3.31	0.15
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	4.32	0.00
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	3.70	0.70
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	3.48	0.70
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	3.08	0.64
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.00	--
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.04	0.39
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	2.99	0.93
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	3.78	1.09
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.54	0.42
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	2.59	0.27
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.00	--
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	2.62	3.14
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	2.53	3.15
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	3.14	0.00
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.13	0.00
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	1.42	9.94
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	0.39	10.49

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	2.68	0.00
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	0.36	4.98
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	0.40	5.26
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	1.24	0.63
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	2.53	0.00
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	0.73	21.68
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	0.61	18.94
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.00	--
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	4.18	0.00
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	4.02	0.22
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	3.76	0.12
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	3.76	1.09
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.33	0.17
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.27	0.20
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.21	0.92
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	0.19	0.73
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.33	0.49
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.40	0.54
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	0.18	1.21
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	1.00	0.00
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	0.00	0.87
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.00	--
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	2.87	8.40
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	4.38	0.00
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	1.09	0.00
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	0.14	5.03
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.18	0.74
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	3.31	0.00
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	5.03	0.00
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.02	11.58
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	1.02	9.58
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	1.02	9.58
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.00	12.69
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.00	12.69
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.00	12.47
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.00	12.47

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.02	12.22
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.02	12.32
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.00	12.32
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.00	12.32
20647	Millet flour	119.0	1.0 cup	0.00	--
16112	Miso	17.0	1.0 tbsp	1.02	0.00
19304	Molasses	337.0	1.0 cup	43.10	--
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.00	--
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.00	--
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.00	--
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.00	--
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.00	--
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.00	--
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.00	--
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.34	0.15
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.12	0.00
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.00	--
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.00	--
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.00	0.23
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.00	--
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.00	--
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.00	--
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.42	0.00
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.00	--
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.42	0.00
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.00	--
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.00	--
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.12	0.00
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.00	--
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.01	0.00
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.02	0.00
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.91	0.00
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	5.30	0.00
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	1.25	0.00
09191	Nectarines, raw	143.0	1.0 cup slices	1.96	0.00
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.00	--

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.00	--
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.00	--
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.00	--
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.00	--
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.00	--
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.00	--
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.00	--
12061	Nuts, almonds	143.0	1.0 cup, whole	0.16	0.00
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.00	--
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.01	0.00
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.01	0.00
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.00	--
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.00	--
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.00	--
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.00	--
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.10	0.00
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.10	0.00
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.01	0.00
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.00	--
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.01	0.00
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.08	0.00
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.02	0.00
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.02	0.00
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.09	0.00
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.09	0.00
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.09	0.00
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	0.00	--
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	0.00	--
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.00	--
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.00	--
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.00	--
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.00	--
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.01	0.00
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.04	0.00
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.01	0.00
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.01	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.04	0.00
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.04	0.00
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.09	0.00
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.27	0.00
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.27	0.00
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	0.30	0.00
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.06	0.00
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.11	0.00
20132	Oat flour, partially debranned	104.0	1.0 cup	0.00	--
11278	Okra, raw	100.0	1.0 cup	0.57	0.00
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	3.36	12.58
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	2.19	1.55
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	4.68	5.15
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	4.83	0.00
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	4.16	0.00
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	2.08	1.65
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.37	--
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.38	0.00
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.00	--
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	1.78	0.58
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.60	0.05
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	3.02	0.00
11282	Onions, raw	160.0	1.0 cup, chopped	2.06	0.00
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	2.99	0.03
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	1.29	0.00
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.13	0.00
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	6.05	0.00
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	5.55	0.00
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	5.55	0.00
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	5.55	0.00
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	5.55	0.00
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	19.78	0.00
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	19.78	0.00
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	3.71	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	0.00	--
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	1.06	0.00
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.21	0.00
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.00	0.45
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.78	0.24
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	2.06	0.30
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.76	0.25
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	2.02	0.28
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	2.39	0.24
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	2.64	0.00
09226	Papayas, raw	145.0	1.0 cup 1" pieces	5.41	0.00
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.10	0.00
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.28	0.86
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.47	2.77
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	1.13	0.52
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	5.09	0.00
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.04	0.00
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.04	0.00
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.04	0.00
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.04	0.00
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.10	0.00
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.10	0.00
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.00	--
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.00	--
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.00	--
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	0.00	--
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.08	0.00
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.18	0.00
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.08	0.00
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.18	0.00
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.08	0.00
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.27	0.00
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	1.21	0.00
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	7.66	0.00
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	21.58	--

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
09236	Peaches, yellow, raw	154.0	1.0 cup slices	2.36	0.00
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.00	--
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.00	--
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.00	--
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.04	0.00
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.04	0.00
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.00	--
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.00	--
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.12	0.00
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.12	0.00
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	15.69	--
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	14.38	--
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	12.80	--
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	9.52	--
09252	Pears, raw	140.0	1.0 cup, slices	8.99	0.00
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	9.46	0.00
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	7.90	0.00
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	8.48	0.00
09413	Pears, raw, red anjou	126.0	1.0 small	8.16	--
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.09	0.00
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.11	0.00
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.12	0.00
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.12	0.00
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.66	0.00
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.66	0.00
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.10	0.00
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.10	0.00
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.34	0.00
11304	Peas, green, raw	145.0	1.0 cup	0.57	0.00
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	0.00	--
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	0.02	0.00
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.00	--
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.00	--
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.00	--
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.00	--
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.32	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	2.37	0.00
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.17	0.00
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	2.02	0.00
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	1.67	0.00
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	1.24	0.00
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	3.37	0.00
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	2.45	0.00
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	9.34	--
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.00	--
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.19	0.00
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.19	0.00
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	14.10	0.00
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.00	--
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.00	--
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	5.99	0.00
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.00	0.07
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.81	0.57
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.00	--
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	9.52	0.00
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	9.52	0.00
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	9.52	0.00
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	18.29	--
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	16.18	--
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	3.50	0.00
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	3.55	0.00
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	3.20	0.00
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.62	0.36
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.42	0.47
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.33	0.34
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.82	0.36
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.36	0.34
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	1.14	0.36
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.98	0.35
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.53	0.45
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.78	0.70
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.73	0.40

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.91	0.30
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.42	--
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.70	0.32
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	1.04	0.27
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.46	0.41
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.74	0.30
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	1.27	0.17
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	0.00	--
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.97	0.32
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	2.08	--
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.86	0.26
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	1.89	--
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	2.89	--
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	1.42	0.46
09446	Plantains, green, fried	118.0	1.0 cup	0.78	0.00
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	8.21	0.00
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	21.66	0.00
09279	Plums, raw	165.0	1.0 cup, sliced	5.07	0.00
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	8.81	0.00
09442	Pomegranate juice, bottled	249.0	1.0 cup	15.86	0.00
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.00	--
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.00	1.30
21416	POPEYES, Coleslaw	120.0	1.0 package	1.73	0.00
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.00	--
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.00	--
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.00	--
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.00	--
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.00	--
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.00	--
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.00	--
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.00	--
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.00	--
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.00	--
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.00	--
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.03	0.00
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.01	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.04	0.00
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.03	0.00
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.04	0.00
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.01	0.00
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.05	0.00
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.04	0.00
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.04	0.00
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.01	0.00
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.05	0.00
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.03	0.00
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.05	0.00
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.05	0.00
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.05	0.00
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.01	0.00
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.05	0.00
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.04	0.00
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.15	0.00
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.04	0.00
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.18	0.00
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.05	0.00
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.08	0.00
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.02	0.00
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.11	0.00
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.09	0.00
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.00	--
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.00	--
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.00	--
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.00	--
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.65	0.00
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.66	0.00
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.40	0.00
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.12	0.00
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.40	0.00
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.35	0.00
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.13	0.00
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.03	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.14	0.00
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.14	0.00
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.12	0.00
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.03	0.00
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.14	0.00
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.12	0.00
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.00	--
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.00	--
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.00	--
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.00	--
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.01	0.00
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.01	0.00
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.00	--
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.00	--
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.00	--
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.00	--
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.00	--
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.00	0.00
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.00	--
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.00	0.00
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.00	--
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.00	--
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.00	--
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.00	--
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.00	--
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.00	--
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.00	--
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.00	--
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.00	--
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.00	--
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.00	--
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.00	--
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.00	--
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.00	--

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.00	--
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.12	0.01
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.00	--
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.00	--
22971	Potato salad with egg	125.0	0.5 cup	1.64	0.00
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.21	0.00
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.50	0.00
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.23	0.00
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.22	0.00
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.20	0.00
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.00	--
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.00	--
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.00	--
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.00	--
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.00	--
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.00	--
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.00	--
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.00	--
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.00	--
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.00	--
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.00	--
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.81	0.00
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.58	0.00
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.57	0.00
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.59	0.00
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	2.02	0.00
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.25	2.44
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.38	2.29
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.52	1.60
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.50	1.49
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.50	1.49
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.71	2.68
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	1.32	0.00
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.23	0.00
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.96	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.17	0.00
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	1.08	0.00
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.26	0.00
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.01	0.00
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.02	0.00
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.04	0.00
09423	Prune puree	36.0	2.0 tbsp	4.99	--
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.00	0.48
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.00	3.88
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.00	0.67
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.00	0.51
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	13.60	0.00
11429	Radishes, raw	116.0	1.0 cup slices	0.82	0.00
09298	Raisins, seedless	165.0	1.0 cup, packed	48.97	0.00
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	3.29	0.00
09302	Raspberries, raw	123.0	1.0 cup	2.89	0.00
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	3.95	0.00
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	1.72	1.75
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	2.54	0.00
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.00	--
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.00	--
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.00	--
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.00	--
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	3.16	0.00
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	3.46	0.00
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	2.96	0.00
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.65	0.00
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.07	0.00
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	2.73	0.00
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	3.26	0.00
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	9.47	0.00
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	4.34	0.00
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	10.99	0.00
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	3.31	0.00
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	21.39	0.00
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	17.36	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	5.44	0.00
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	2.45	0.00
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.00	--
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.00	--
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1.33	0.00
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	3.18	0.00
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.00	--
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.15	0.00
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.17	1.81
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.48	0.00
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.00	4.11
36036	Restaurant, family style, onion rings	259.0	1.0 serving	2.95	0.00
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.24	0.00
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.00	--
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.94	0.00
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	3.84	9.99
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	2.47	1.05
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	5.39	2.79
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	5.26	0.00
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	4.64	0.00
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.00	--
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	2.12	0.00
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.41	0.00
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	2.07	10.24
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.86	0.00
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	1.67	0.00
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.30	0.00
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.34	0.00
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.28	0.00
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.23	0.00
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.40	0.00
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.95	0.00
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.30	0.00
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	1.34	1.76

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.47	0.70
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	1.06	1.24
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.00	--
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	1.85	1.10
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.49	0.00
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.00	--
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.00	--
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.00	--
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.00	--
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	1.09	0.00
20060	Rice bran, crude	118.0	1.0 cup	0.24	--
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.00	--
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.00	--
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.00	--
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.00	--
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.03	0.00
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.04	0.00
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.03	0.00
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.04	0.00
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.02	0.00
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.00	--
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.04	0.00
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.00	--
28348	Rolls, dinner, sweet	30.0	1.0 roll	1.62	0.32
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	0.13	0.00
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	1.07	0.00
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	1.61	0.00
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.32	0.00
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	1.52	0.00
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	1.37	0.00
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	1.10	0.00
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	1.47	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
09428	Rowal, raw	114.0	0.5 cup	0.57	0.00
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	11.66	0.00
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	1.67	0.00
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	1.85	0.00
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	2.62	0.00
11435	Rutabagas, raw	140.0	1.0 cup, cubes	2.25	0.00
20063	Rye flour, dark	128.0	1.0 cup	0.29	0.00
20065	Rye flour, light	102.0	1.0 cup	0.09	0.00
20064	Rye flour, medium	102.0	1.0 cup	0.12	0.00
20062	Rye grain	169.0	1.0 cup	0.19	0.00
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	0.22	0.00
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.09	0.16
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.86	0.00
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.80	0.00
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.81	--
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	2.00	0.00
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.76	0.00
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.86	0.00
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.54	0.00
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.78	0.00
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.34	0.00
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.66	0.00
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.18	0.00
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.06	0.00
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.01	0.00
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.06	0.01
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.09	0.16
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.10	0.20
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	1.05	0.02
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	1.04	0.00
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.64	0.00
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.00	--
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.00	--
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.00	--
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.00	--

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	13.40	0.00
06150	Sauce, barbecue	17.0	1.0 tbsp	2.41	0.00
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.86	0.00
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	2.42	0.00
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	2.33	0.00
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	1.84	0.00
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	3.15	0.00
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.45	0.00
27066	Sauce, horseradish	5.6	1.0 tsp	0.23	0.00
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.53	0.00
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.57	0.00
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.36	0.00
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.52	0.00
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	2.98	0.00
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.84	0.00
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.38	0.00
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.00	3.74
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	1.37	0.00
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.42	0.00
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.00	3.74
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.88	0.00
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.76	0.00
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.06	--
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0.00	1.61
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.00	--
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	1.61	0.00
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	1.47	0.91
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	1.62	1.19
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	1.20	0.68
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	2.73	1.05
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	2.63	0.85
07951	Scrapple, pork	17.0	1.0 cubic inch	0.00	--

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.00	--
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.09	0.02
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.19	0.00
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.08	0.00
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.08	0.00
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.11	0.00
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.00	--
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.00	--
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0.00	--
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0.00	--
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0.00	--
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.00	--
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.00	--
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.05	0.00
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.21	0.00
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.00	--
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.00	0.90
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.04	0.00
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.22	0.00
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.86	0.22
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.38	0.00
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.01	0.00
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.00	--
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.00	--
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.01	0.00
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.00	--
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.11	0.12
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.04	0.00
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.05	0.00
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.00	--
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.09	--
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.06	0.41
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.00	--
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.10	0.31
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.02	0.00
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	0.00	--

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.19	0.00
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	0.82	0.00
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.61	0.00
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.62	0.00
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.00	--
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.69	0.00
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.00	--
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.00	--
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.00	--
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.00	--
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	1.06	0.00
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	1.80	0.00
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	0.00	--
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0.00	--
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.00	0.50
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.00	7.03
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.00	--
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.63	0.00
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.00	--
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.00	--
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.00	--
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.00	--
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.00	--
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.00	--
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	5.70	6.55
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.07	0.00
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.00	--
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.00	--
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.00	--
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.00	--
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.02	0.00
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	3.25	0.00
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	1.27	0.00
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.64	0.00
20140	Spelt, uncooked	174.0	1.0 cup	0.42	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.01	0.00
02009	Spices, chili powder	2.7	1.0 tsp	0.12	0.00
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.03	0.00
02011	Spices, cloves, ground	2.1	1.0 tsp	0.02	0.00
02015	Spices, curry powder	2.0	1.0 tsp	0.02	0.00
02020	Spices, garlic powder	3.1	1.0 tsp	0.01	0.00
02021	Spices, ginger, ground	1.8	1.0 tsp	0.03	0.00
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.00	0.00
02026	Spices, onion powder	2.4	1.0 tsp	0.04	0.00
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.01	0.00
02028	Spices, paprika	2.3	1.0 tsp	0.15	0.00
02029	Spices, parsley, dried	0.5	1.0 tsp	0.00	0.00
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.01	0.00
02033	Spices, poppy seed	2.8	1.0 tsp	0.01	0.00
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.01	0.00
11658	Spinach souffle	136.0	1.0 cup	0.07	2.05
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.09	0.00
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.09	0.00
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.28	0.00
11457	Spinach, raw	30.0	1.0 cup	0.04	0.00
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.25	0.00
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	1.07	--
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	2.36	0.00
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2.36	0.00
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	2.02	0.00
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	1.71	0.00
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	1.39	0.00
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0.00	--
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.00	--
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.55	0.00
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.00	--
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	0.06	0.00
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	4.80	--
09316	Strawberries, raw	152.0	1.0 cup, halves	3.71	0.00
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	2.50	0.00
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	2.43	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	2.74	0.16
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	4.37	0.00
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	2.57	0.00
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	2.66	0.00
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	2.91	0.00
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	2.61	0.00
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	5.45	0.00
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	2.61	0.00
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	2.36	0.00
19908	Sugar, turbinado	4.6	1.0 tsp	0.00	--
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.03	0.00
19335	Sugars, granulated	2.8	1.0 serving packet	0.00	--
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.00	--
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.57	0.00
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	1.00	0.00
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	1.41	0.00
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	1.41	0.00
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.33	0.00
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.93	0.00
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.29	0.00
19912	Sweetener, syrup, agave	6.9	1.0 tsp	3.84	0.00
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.07	--
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	0.00	--
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0.00	--
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	0.27	0.00
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.00	--
19353	Syrups, maple	20.0	1.0 tbsp	0.10	0.00
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	0.00	--
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.00	--
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.00	--
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0.00	--
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.00	--
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.00	2.38
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.92	0.00
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	1.45	0.80

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	1.36	0.37
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	1.76	0.37
21268	TACO BELL, Nachos	80.0	1.0 serving	0.00	1.30
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.60	1.93
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.21	0.00
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.61	0.00
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.52	0.00
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.80	0.19
21270	TACO BELL, Taco Salad	533.0	1.0 item	3.36	0.80
18360	Taco shells, baked	12.9	1.0 shell	0.01	--
35147	Tamales (Navajo)	186.0	1.0 piece	0.32	0.00
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.68	0.00
09437	Tamarind nectar, canned	251.0	1.0 cup	15.24	0.00
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	4.68	0.00
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.13	0.00
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.05	0.00
20142	Teff, uncooked	193.0	1.0 cup	0.91	0.00
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	0.35	0.00
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	1.24	0.20
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	2.06	0.14
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	3.23	0.00
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	3.23	0.00
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	3.86	0.00
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	5.95	0.00
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	5.95	0.00
11549	Tomato products, canned, sauce	245.0	1.0 cup	4.09	0.00
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	4.09	0.00
11693	Tomatoes, crushed, canned	121.0	0.5 cup	2.83	0.00
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	3.14	0.00
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	3.14	0.00
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	4.79	0.00
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	3.14	0.00
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	3.14	0.00
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	2.04	0.00
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.05	0.00
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.00	--

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.00	--
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.13	0.00
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.01	0.00
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.02	--
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.00	--
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.00	--
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.00	--
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.00	--
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.00	--
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.00	--
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.00	--
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.00	--
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.00	--
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.00	--
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.00	--
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.00	--
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.00	--
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.00	--
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.00	--
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.00	--
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.00	--
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.00	--
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.00	--
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.00	--
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.00	--
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	3.93	0.00
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.00	--
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.00	--
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.00	--
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.00	--
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.00	--
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.00	--
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.00	--
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.00	--
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.16	--

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	0.13	0.00
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.43	0.00
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.35	0.00
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	0.32	0.00
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.00	--
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	0.21	0.00
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.24	0.00
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.00	--
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	0.00	--
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.00	--
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.00	--
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.20	0.00
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.20	0.00
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	3.54	0.00
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	3.48	0.00
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	8.69	0.00
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	6.70	0.00
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.09	0.04
02069	Vinegar, balsamic	16.0	1.0 tbsp	1.18	0.00
02048	Vinegar, cider	14.9	1.0 tbsp	0.04	0.00
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.00	0.49
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.00	0.38
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4" dia)	0.00	0.47
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.00	0.53
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.22	0.00
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.00	0.44
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.00	0.42
27064	Wasabi	20.0	1.0 tablespoon	0.46	0.00
09326	Watermelon, raw	154.0	1.0 cup, balls	5.17	0.00
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	1.80	0.00
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.00	--
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	1.92	0.46
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	2.88	0.00
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	2.57	0.50
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	4.52	0.80
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	2.38	0.48

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.00	--
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.17	6.15
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	2.62	0.00
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	2.88	0.30
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	3.11	0.00
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	4.05	0.00
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.00	--
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.06	--
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.20	0.00
20089	Wild rice, cooked	164.0	1.0 cup	0.33	--
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.00	--
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.00	--
43406	Yeast extract spread	6.0	1.0 tsp	0.00	--
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	1.11	3.75
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	6.66	3.63
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	0.70	4.08
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	6.51	3.71
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.00	5.84
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.00	4.32
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	6.18	3.50
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	5.04	3.56
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	3.28	3.71
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	2.88	3.94